

Home Bread Making

By the home baking of bread—the largest single item in the diet in almost every household—housewives should be able in many cases to reduce expenditures for food, say specialists of the U. S. Department of Agriculture. The making of this important food in the home is a relatively simple process, the specialists point out. Even housewives not accustomed to home baking should be able to produce satisfactory results by using the following simple recipes of the Department:

White Wheat Bread; Short Process: For one loaf of bread pour one cup of boiling water, scalded milk, or a mixture of the two, into a mixing bowl over one teaspoon salt, one tablespoon sugar, and one tablespoon lard or other fat, if fat is desired. Allow the mixture to cool until it is lukewarm. Mix $\frac{1}{2}$ cake compressed yeast with a little of the lukewarm liquid and pour it into the other mixture. If liquid yeast is substituted for the compressed sort, the ingredients should consist of $\frac{1}{4}$ cup of yeast, $\frac{1}{4}$ cup milk, water or milk and water mixture, and the quantities of the other substances already mentioned.

If convenient, set the mixture of yeast, liquid, salt, sugar and fat aside in a warm place, not over 85 degrees F., for an hour, before adding the flour. If not convenient to set the mixture aside, add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks neither to the bowl nor to the hands. This requires about 10 minutes. After the flour is added, cover, and allow to rise $1\frac{1}{2}$ hours at a temperature of 85 degrees; it may be better to set it at a lower temperature, but the lower the temperature the longer the time required for the rising. Cut down the dough from the sides of the bowl; grease the hands slightly. Knead a little and set aside to rise again for one hour. With a good bread flour the dough should treble its bulk in each rising. With a soft wheat flour, it should not rise much beyond twice its volume. Divide into portions, mold, and place in greased pans of standard size ($1\frac{1}{2}$ quarts). Allow to rise until a light touch will make a slight dent. With good bread flour this happens when dough reaches the top of pans. Bake 50 minutes.

Short Sponge Method: The short sponge method requires setting for a considerable period. All ingredients are the same as for the short process, but only half the flour is added at first. When the resulting mixture, which is called a "sponge" is so light that it will fall at the slightest touch, the rest of the flour should be added.

Overnight Sponge Method: Use the same proportions as for the short process, except in the case of the yeast or 2 tablespoons of liquid for each loaf. Use water rather than milk. In the evening mix the yeast with water, salt, and half of the flour, and beat thoroughly. Cover and place at a temperature of 65 degrees to 70 degrees F., or that of an ordinary room. In the morning add sugar and the rest of the flour and proceed as in the case of the short process.

Overnight Straight-Dough Method: Use the same ingredients as for the overnight sponge method, but put in all the ingredients at night.

Mixed Wheat Flour Breads: The recipes given above for white bread can be followed in making bread out of part graham and part white flour. The usual proportions are either one part of graham to two parts of white, or half graham and half white. In all cases, however, white flour should be used for making the sponge. In place of the sugar an equal amount of molasses may be used. Such bread will not rise quite as much as bread made with white flour only.

Whole-Wheat or Graham Bread:— $1\frac{1}{2}$ cups lukewarm milk, 3 tablespoons brown sugar, $1\frac{1}{4}$ teaspoons salt, 3 cups whole-wheat or graham flour, $\frac{1}{2}$ yeast cake. Scald the milk, together with the sugar and salt. When lukewarm, add the yeast, mixing it first with a little of the milk. Add the flour, beat well, and let it double its volume. Beat it thoroughly, put into a pan, and let it rise. In a pan of standard size it should come nearly to the top.

The above recipe may be used in preparing bread from home-ground meal. There are many households, particularly in the country, where clean whole wheat can be obtained at moderate cost. If ground in the ordinary coffee mill, such wheat makes a coarse bread, not very light in texture, but of such good flavor that it may well be used occasionally to give variety to the diet. It is useful, too, in places where good bran can not be obtained easily and where coarse breads are desired as a means of preventing constipation.

In making such bread with a view to economy the housekeeper should compute what it will cost her per loaf, including labor and fuel, as compared with other breads she makes. Skim milk instead of whole milk can be used; homemade yeast, either liquid or dry cakes, is a possibility; and some might like the bread with less sugar or unsweetened. Another recipe which has been worked out follows:

Home-Ground Wheat Bread: $1\frac{1}{2}$ cups water or skim milk, $1\frac{1}{4}$ teaspoons salt, 1 tablespoon sugar, 3 cups home-ground wheat flour, $\frac{1}{2}$ cake dry yeast or 1 gill of liquid yeast.

Set a sponge at night, using half of the flour. In the morning add the rest of the flour, beat well, put into a greased pan, allow to rise until it doubles its bulk, and bake. (For particulars as to setting the sponge, etc., see directions for making wheat bread.)

Corn Meal and Wheat Bread:— $1\frac{1}{2}$ cups milk, water, or a mixture of the two, $\frac{1}{2}$ cake compressed yeast or $1\frac{1}{4}$ cups milk, water, or a mixture of the two, $\frac{1}{4}$ cup liquid yeast, $1\frac{1}{4}$ teaspoons salt, 1 tablespoon sugar, butter (if used) 1 tablespoon, 1 cup corn meal, 2 cups wheat flour.

Four $1\frac{1}{4}$ cups of the water over the corn meal, salt, sugar, and fat (if used), and heat the mixture gradually to the boiling point or nearly to it and cook 20 minutes. This cooking can best be done in a double boiler. The water is sufficient only to soften the meal a little. Allow the meal to cool to about the temperature of the room and add the yeast, mixed with the rest of the water ($\frac{1}{4}$ cupful), or the $\frac{1}{4}$ cupful of liquid yeast. Mold thoroughly, let rise until it doubles its bulk, make into a loaf, place in a pan of standard size, allow to rise until it nearly fills the pan; and bake 45 or 50 minutes.

Rice Bread:—1 cup lukewarm water, or milk of a mixture of the two, 1 cup uncooked rice, $1\frac{1}{4}$ teaspoons salt, 1 tablespoon sugar, butter (if used), 1 tablespoon or less, $\frac{1}{2}$ cake compressed yeast, 2 cups wheat flour.

Steam the rice with one-half of the liquid until it is soft. This is done better in a steamer than in a double boiler, for the liquid is so small in amount that the rice does not become soft readily and the presence of the steam helps. Put the sugar, salt, and fat (if used) into the mixing bowl and pour over them the remaining liquid ($\frac{1}{2}$ cupful). When the mixture has become lukewarm add the yeast and $\frac{1}{4}$ cupful of flour. Allow this sponge to rise until very light. Add the boiling rice, which should have cooled until lukewarm, and the rest of the flour. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise until it has doubled its bulk, form a loaf, place in a pan of standard size, allow it to rise until it nearly reaches the top of the pan, and bake.

Rye Bread:—1 quart milk, 2 tablespoons sugar, 4 teaspoons salt, 2 tablespoons butter, 1 cake compressed yeast, 3 cupfuls flour (1 cup being wheat and the remaining rye).

Follow the directions for making wheat bread according to the short process until after the bread has been molded the second time. At this point the dough should be placed in a 6-quart bowl lined with a cloth into which flour has been rubbed. When the dough has risen to the top of the bowl turn out on a hot sheet iron (a dripping pan inverted will do), over which 1 tablespoonful of flour has been sprinkled, and put it immediately into a very hot oven. After 10 minutes lower the temperature somewhat and bake for 1 hour. This recipe is a modification of an old German household method of making rye bread.

Roll-Oats Bread:—2 cups boiling water, $\frac{1}{2}$ cup brown sugar, 2 teaspoons salt, 1 yeast cake, $\frac{1}{4}$ cup lukewarm water, $1\frac{1}{2}$ cups rolled oats, 5 cups flour.

Dissolve the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt, and sugar, and let stand until lukewarm; add the dissolved yeast and flour. Let rise until very light, beat thoroughly, and turn into two buttered bread pans. When the loaves have doubled their volume bake them an hour in a moderate oven.

Needlework Notes.

The bungalow housewife will welcome the gift of some envelope kitchen holders. They are six and one-half inches square, of unbleached muslin embroidered in blocks of bright colors—red, blue and green, arranged in an artistic border. On the back the holder opens with an envelope flap that is fastened with a button and loop, and inside is slipped a pad of Canton flannel. The squares work up quickly in coarse floss and the holders are easily washed and are a gay touch for the kitchen.

Has it ever occurred to the women who delight in making dainty silk undergarments for themselves or for gifts that lace is not a necessary finish, or that even the popular hem-stitching and picotting may be dispensed with? The answer to the question "What shall we substitute?" is a crocheted edge. Very lovely effects in soft silk crochet can be accomplished with the crochet hook.

Any simple edge will answer the purpose, but do not make the mistake of making the edge too wide. It is intended merely as a finish and not as a trimming. Use a rather fine silk and hook, and work your edge right into the silk. If you find that the crochet hook tears the silk or spreads the threads, buttonhole finely all around the edges of the garment and use this as a foundation for your crochet. A pink edge on blue or a blue on a pink or white each makes an attractive finish which costs far less than lace and is more durable.

When Making Yeast Bread, save a piece of the stiff dough about the size of a large egg, and when time for the next baking, dissolve this in a little warm milk or water and use for the yeast. When making graham bread, and is just as good as compressed yeast. When making graham bread, make a few rolls with some of the stiff sponge, to be eaten warm for dinner.

What Our Swamps Could Do. Some swamp land at the mouth of the Mississippi is being reclaimed, which is in size equal to the three states of Indiana, Illinois and Ohio, and it is ten times as big as that little garden patch which we know as Holland. The soil of our swamps is also ten times as rich as that of the Netherlands. Nevertheless, Holland is now feeding almost 6,000,000 people, and at the same ratio our swamps could feed 60,000,000, or 10,000,000 more than half of all the people in the country today.

In 2017. "What are you reading about?" "Ancient customs in 1917. It seems the ancients used to find food very cheap as compared with us. They had dollar dinners."

"Some of these stories about the ancients we have to take with a grain of salt. There is even a tradition that they had free lunch."

Some people take things so seriously that sometimes they are happy without knowing it.

Advertise in the Dispatch.

ALASKA LURE FOR THE HOME SEEKER

FARMER HAS COME IN WAKE OF GOLD HUNTER TO DEVELOP ITS RESOURCES.

Territory is Showing Its Possibilities as Land of Agriculture.

In 1867, William H. Seward insisted that the United States government buy Alaska. The price paid was \$7,200,000. People scoffed and called and derided at "Seward's Ice Box."

Last year the territory exported her purchase price in gold alone, at six times her purchase price in copper, three times her purchase price in fish. Her total commerce for the year approached \$120,000,000.

And still Alaska is a land of thrills. She has scarcely stepped across the threshold of the vast prosperity that will be hers. The half billion of dollars she has given these United States during the close of the last half century will be doubled many times before the century is closed.

An invincible frontier spirit forced the mighty Mississippi, overcame obstructing mountain barriers and penetrated to the broad Pacific. That invincible frontier spirit was the spirit of the pioneer American, and it is with us still. The plains of Kansas and the placers of California played their part in the steady westward march of American civilization. Then came the rush to the Klondike. That brought the first great throng of Alaska pioneers. Many of them struck pay and returned to the states. More of them have struck something better and richer than pay; they have struck homes. The far famed lure of the north has caught them, and they can wish for no better.

Montana was a famous mining country and a great cattle region. So was Arizona. Now they are farming both states with rich results. The rush to California in '49 was for gold. Since then California has become one of the great agricultural states of the Union.

And now they tell us that the farming area alone of Alaska is as large as the combined total area of Pennsylvania, Maryland, Delaware, New Jersey, Connecticut, Massachusetts, Vermont and New Hampshire. We are told that Matanuska potatoes weigh a pound and a half, we are shown turnips and rutabagas that weigh from twelve and fourteen pounds apiece. We are fed lettuce and strawberries that might have been grown in Virginia.

Is this "Seward's Ice Box," "Seward's Folly," "Seward's Arctic Polar Bear Reserve?" Alaska is no longer a formidable wilderness. Thoughtful men and women realize that though it is cold in winter, it is warm in summer. Reports of actual weather conditions show that it was milder at Seward this winter than it was at New York or at Boston.

We cannot speak of Alaska as a whole any more than we can speak of the Pacific slope as a whole. It is just as misleading to speak of the Matanuska valley and Point Barrow in the same breath as it is to infer that pomegranates will mature in Vancouver just because that island happens to be circled by the same sea that laps the beach of Coronado.

A map of Alaska super-imposed upon a chart of the United States shows a spread of territory extending from the Atlantic ocean at Charleston to the Pacific at Los Angeles, from Canada at Lake Superior to the state of Sonora. Her 586,400 square miles comprise a domain one-fifth as large as the United States, and quite as varied, both in climate and in resources.

Why, then, did Alaska lie so long "undiscovered?" Lack of concrete knowledge and prejudice born of ignorance have retarded the development of the territory up to a very recent date.

Government surveys have disclosed vast riches, the government railroads is fast opening the country. Her coal is declared to equal the world's best, her soil is fertile and her people industrious.

What better foundation could a candidate for statehood have in its race for future prosperity.

SPAIN FINDS FUELS THAT REPLACE COAL.

Rice Husks, Mixed With Tar Makes Usable Briquette.

Shortage of coal in Spain has led to the experiments with various substitutes, including the husks of rice and inferior qualities of lignite. In the provinces that raise rice, the husks have lately been mixed with tar and formed into briquettes under hydraulic pressure.

In their natural form rice husks make an expensive fuel, burning with little heat, but the briquettes are said to ignite readily, give off little smoke and can be used to some extent as a substitute for coal.

Another kind of fuel briquette, giving similar service, is made from cheap qualities of lignite, including lignite dust and waste formerly regarded as worthless, from which the volatile matter is first expelled and binding material then added to form the briquette under pressure.

A Double-Jointed Pen. In a recently patented double-jointed pen either a fine or stub point can be projected for use.

Stomach and Liver Troubles. No end of misery and actual suffering is caused by disorders of the stomach and liver, and may be avoided by the use of Chamberlain's Tablets. Give them a trial. They only cost a quarter—adv.

Maybe you also have noticed that the man who spends a lot of time watching the thermometer also spends a lot of sympathy on himself.

Our idea of sorry husband is one who makes a confidant of the bartender and closes up like a clam when his wife tries to talk to him.

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SOME SMILES

An Emergency.



"There's something wrong with this emergency kit I bought of you yesterday," said the woman.

"What's wrong with it?" asked the clerk.

"Why, my husband looked in it for a nail to use in place of a suspender button and he couldn't find one."

Saving Space.

"People are living largely in flats now, you know. All you save in space helps."

A Practical Choice.

"The boys have taken to running automobiles since prohibition struck. Crimson Gulch," remarked Bronco Bob.

"Do you approve of the change?"

"Yes. As between alcohol and gasoline, give me gasoline. You can get just as reckless and excited and you don't have to upset your system by swallowing it."

The Same Argument.

"I don't see why you complain about the size of my bill," said the doctor.

"It's not as big as it might have been."

"That's all right," replied the man.

"I wasn't as sick as I could have been either."

\$100 REWARD, \$100.

The readers of this paper will be pleased to learn that there is at least one dreadful disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY, & Co., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

FALL IN.

What will you lack, sonny, what will you lack?

When the girls line up the street, shouting their love to the lads come back from the front they rushed to meet? Will you see—a strangled cheer to the sky?

And grin till your cheeks are red? But what will you lack when your mate goes by?

With a girl who cuts you dead? Where will you look, sonny, where will you look?

When your children yet to be clamor to learn of the part you took in the war that kept them free? Will you say it was naught to you if France stood up to her foe or bunked? But where will you look when they give the glance?

That tells you they know you slunked? How will you fare, sonny, how will you fare?

In the far-off winter night, When you sit by the fire in an old man's chair?

And your neighbors talk of the fight? Will you slink away, as it were from a blow?

Your old head shamed and bent? Or say—"I was not with the fire to go. But I went, thank God, I went?"

Why do they call, sonny, why do they call? For men who are brave and strong? Is it naught to you if your country fall? And Right is smothered by Wrong?

Is it football still and the picture-show, The bar and the betting odds, When your brothers stand to the tyrant's blow?

And country's call is God's? —Boston Transcript.

DIM YOUR HEADLIGHTS

Thursday night from 8 to 12 a whole-sale round-up of automobiles drivers who persist in disobeying the state law on the use of dimmers was made by 30 city and special Youngstown Automobile club policemen and 150 were stopped and notified to appear for hear in municipal court.

In the police net citizens and officials were caught. About every third man was using headlights with a beam in the light. Not only were the outlying districts of the city carefully watched and violators stopped but trips were made into the country in every direction.

Probably the worst cars dealt with were Fords. They are equipped with headlights, fed current by a magneto. As the engine speeds, the lamps brighten. When in neutral or thrown into low speed, the man coming in the opposite direction is hopelessly blinded. Many were stopped and told to report at police station.—Vindicator.

Get within the law. Get a FORDIMMER today, can be put on by any one in a few minutes. Neat, compact, efficient. Price only \$15.00. R. D. Fowler, Ford Sales & Service, Canfield—adv.

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Docket 21, Page 114 EXECUTOR'S NOTICE

Notice is hereby given that D. J. Miller, North Benton, O., has been appointed and qualified Executor of the last will and testament of Simon Hartzell, late of Smith Township, Mahoning County, Ohio, deceased, by the Probate Court of said county. All persons interested will govern themselves accordingly.

JOHN W. DAVIS, Probate Judge of Mahoning County, Ohio July 14, 1917.

Do You Appreciate

Dr. Hisey's \$4.00 gold crown which saves you from \$4.00 to \$5.00? Increased cost of incidental materials may compel me to advance my charges shortly.

Early engagements are advised. Respectfully,

Dr. C. K. Hisey
Canfield, Ohio